Syrian spinning coach Tarek El Sharif stresses one can never be too busy to work out. P4-5
**PRAYER TIME**

- Fajr: 4.20am
- Shoroq (sunrise): 5.39am
- Zuhr (noon): 11.10am
- Asr (afternoon): 2.34pm
- Maghreb (sunset): 4.59pm
- Isha (night): 6.29pm

**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquires: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44458888
- Qatar Airways: 444906000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44455555, 44845464
- Primary Health Care Corporation: 44593333, 44593363
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44490205
- Q-Post – General Postal Corporation: 44450333
- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253368, 40253365
- Qatar Airways: 40253374

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**Bigil**

- **DIRECTION:** Atlee Kumar
- **CAST:** Nayanthara, Vijay, Jackie Shroff
- **SYNOPSIS:** Story revolves around a football coach; who struggles to fulfill the dream of his late friend and seeks out revenge on the death of his best friend.
- **THEATRES:** Landmark, Royal Plaza, The Mall

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**Housefull 4**

- **DIRECTION:** Farhad Samji
- **CAST:** Akshay Kumar, Pooja Hegde, Kriti Sanon
- **SYNOPSIS:** In 1419 Sittamgarh, 3 couples are parted away due to an evil conspiracy. 600 hundred years later in 2019 in London, the couples’ reincarnations meet again but this time each one of them is marrying the wrong person. How they come to realise about their true love is what forms the crux of the story.
- **THEATRES:** The Mall, Royal Plaza, Landmark

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*Quote Unquote*

“Choosing to be positive and having a grateful attitude is going to determine how you’re going to live your life.” — Joel Osteen

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“I can’t even imagine skipping work out”

— Tarek El Sharif, spinning coach

I discovered that the more diversified exercise you do, the more efficient your body becomes. I always enjoy my exercise when people are around me

By Mudassir Raja

Nothing is impossible. You are never too busy to sleep. You can never be too busy to eat. And, you can never be too busy to work out.

This is the lesson that young Tarek El Sharif, a spinning coach, has learnt from his five-year struggle to be an active individual and lose the extra kilos that he felt was too much for him to carry.

“You can give yourself so many excuses about how busy you are. We, as Muslims, have to offer prayers five times a day. In Arabic, they say about the prayer that you have to offer it as there is no choice. I follow the principle in doing my daily exercise. There is no option for you. You have to work out,” said 30-year-old Tarek, a Syrian national, who was born and brought up in Qatar.

He likes to see himself as a very sporting and active person. Inclined to be associated with any kind of sport, Tarek wants to keep a good physical balance. “This is a kind of
theory in my life now that I like to maintain and respect. Now, I enjoy my food more because I know there is exercise.

The fitness enthusiast has not always been enviable fit. He was too overweight at one point in his life. “I was carrying as much as 158kg till 2014. I am 181 centimetres tall and my ideal weight should be between 85 to 88kg. Although I started physical activities to lose weight initially, today, active life has become my lifestyle. Today, I cannot even imagine skipping my daily work out.”

Being in his early 20s, Tarek started realising that his physical appearance did matter. “Though I faced no health repercussions as I was very young, my trigger was my looks, by the way. In 2014 summer, I joined a gym and remember that I got rid of 25kg in first four months. I had double-training every day. In the morning, I would go for swimming and in the evening, gym. It was during Ramadan and I did swimming while fasting.

“When my weight was 135kg, I decided to undergo weight - loss surgeries. That did not stop me from going to the gym. With the passage of time, I discovered that the more diversified exercise you do, the more efficient your body becomes. I always enjoy my exercise when people are around me. I look for a group of people where I do my training!”

For the trainer, the surgery does not create magic. “I know many people who underwent weight - loss surgeries but went back to Square One — even bigger. I also know some people who did not put an injection in their body and managed to lose weight and have a healthy lifestyle. I had almost 11 surgeries, including plastic surgeries. I am not allergic to surgery. However I am against it if you take it as a magical wand and think that only surgery is going to do the job.

“I never stop my fitness journey. I look at surgery as a tool helping me reach my goal. For now, I am doing just a maintenance job.”

Tarek was not chubby as a kid. He was born very slim. “I was raised without a father. He passed away when I was nine. At that time, I was trying to accept the fact that I have my father no more. It started making me lose interest in playing outdoor or being connected (to other kids) because I thought that I was not exactly the same like other kids in the compound — as they had fathers. I am the oldest of siblings. I have a great mother and a great family. I was too young to conceptualise death.”

Tarek describes himself as a very people-oriented person. Everyone tells him that he is a sociable person. “I am very loud. I always do a lot of public speaking. One of the trainers who I know once told me that I will do well as a class instructor. He asked me that I have no confidence issues and carry the best fitness level. I joined International Fitness Alliance diploma course. I decided to take it. If I am going to be a trainer, I need to know the human body and I need to be a licenced one. I studied different functions of the human body, sleep patterns, food intakes etc.

“I took my certification in spinning. I wanted to take up a sport that was new and trendy. There is a big boom towards bicycles and spinning. Spinning is the training of how to ride your bike outdoors. It is basically training yourself. At class, we do mountain climbs, heavy spikes, and speed. It is different types of RPMs (rotation per minute) depending upon the speed and strength that you incorporate while you are cycling. I studied that and passed my examination. In 2016, I started coaching. In studies, after my MBA, I am looking to pursue PhD in humanities and social sciences. The research proposal that I am working on is effects of sports and international sports events in international co-operation between countries.”

As a fitness trainer, Tarek believes that one should find no excuse for not working out. “My piece of advice to all those who are inactive in their life is that today, is better than tomorrow. Start doing some sort of exercise. Something is always better than nothing. What you do in private will show in public, whether it is your exercise, diet, habits, or time table.”

The spinning trainer is all praise for Qatar’s love and attention towards sports. “It is a whole culture that we have here to get up there and work out. There have been a lot of gyms and sport events. I enjoy being with sporting people. This is the true culture of Qatar.

“Sports science is on a high. It is a big world. You get the chance to learn a lot from others as well. Qatar has amazing sport facilities both in public and private sectors. There are lots of public parks opening. When I feel stressed, I go to a park, jog and de-stress myself. Take this opportunity in Qatar and take care of your physical health. People are always ready to help you out.”

“MY piece of advice to all those who are inactive in their life is that today, is better than tomorrow. Start doing some sort of exercise. Something is always better than nothing. What you do in private will show in public, whether it is your exercise, diet, habits, or time table.”

— Tarek El Sharif

MANTRA: I never stop my fitness journey,” says Sharif.

REWARD: Tarek El Sharif with his certificate of completion.
PICPA conducts seminar on Qatar Labour Law and Qatar Visa Centre

The Philippine Institute of Certified Public Accountants (PICPA) Doha LLC (G) recently conducted a seminar about the recently launched Qatar Visa Centre (QVC) and Qatar Law No. 14 of 2004 at Crowne Plaza Hotel. Ressie Fos, Chairman and Paralegal of BMKQ and BWI, respectively, conducted the 3-part seminar. He discussed Qatar Labour Law and Qatar Law No. 21 of 2015, particularly about the entry, exit and residency of expatriates in the first two parts of the seminar, which was followed by a discussion about the salient features of QVC in Manila, Philippines.

During the seminar, Fos lectured about the meaning and purpose of QVC, the advantages and the step-by-step processes and procedures in compliance with the QVC. Moreover, he also discussed the New Immigration Law that was implemented on December 14, 2016, which has an impact on the operation of the sponsorship system for the expatriate workers in Qatar. The dos and don'ts in the processing of the entry, exit and residency of the expatriates and the procedures to follow in changing jobs were also discussed. Elmer H. Espiritu, President of PICPA, welcomed the gathering and Christian Dave M. Barrameda, Accountant at PICPA, proposed a vote of thanks.

DPS-MIS delegates attend QLC 2019

The students of DPS-Modern Indian School (DPS-MIS) recently participated in the Qatar Leadership Conference (QLC) held at the Qatar National Convention Centre. Twenty delegates including three student presenters of DPS-MIS participated.

Out of the three presenters, Liyana Saleem and Trisha Ambrai, students at DPS-MIS, together presented on the topic ‘How to be a Goal Digger’ and Anushka Jain gave a presentation on ‘Be a True Leader.’ The delegates were accompanied by Amir Khan, the MUN Director at DPS-MIS.

FINQ organises Federation Cricket League Tournament

Federation of Indian Nurses Qatar (FINQ) recently hosted Federation Cricket League (FCL) Tournament at Barwa City. The tournament was organised for Indian nursing professionals working at various sectors in Qatar. Four cricket teams, including The Royal warriors, Team T-11, Team Al-Khor, and Spikers participated in the tournament. Team T-11, led by Siju Antony, bagged the tournament title, which was followed by Spikers, led by Mukesh Kuttan, as the runners up. Muneeb K P bagged the Best Batsman and Man of the Match title. Jomon George won Best Bowler title. The officials of FINQ presented the trophy and cash prize to the winners.

FESTIVITIES: Angamaly NRI Association (ANRIA) recently organised an event to mark Onam festival celebrations at the Asian Town Hall. Velayudhen Nair, President of ANRIA, presided over the event, which was inaugurated by Shri Benny Behanan. The event was attended by notable personalities, including Manikandan, President of Indian Cultural Centre, and Appunni, Radio Jockey at Radio Suno. The event featured various cultural performances by the members of ANRIA.
Members of TPSQ perform at MIA

The members of Telangana Praja Samithi Qatar (TPSQ), under the supervision of Indian Cultural Centre, recently performed at Museum of Islamic Art as part of Qatar – India Year of Culture 2019. The director of MIA along with ICC officials attended the event. Speaking on the occasion, Gadde Srinivas, Vice President of Telangana Praja Samithi Qatar, said “We performed at MIA as part of Qatar-India Year of Culture under ICC to celebrate the rich cultural heritage of our Telangana state. This is an extravaganza which includes dance and culture, which people might have definitely enjoyed. Telangana Praja Samithi Qatar is the community association whose members hail from the Telangana state of India.”

City Gym organises breast cancer awareness walkathon

City Gym group recently organised a breast cancer awareness walkathon event at Al Bidda Park. Over 500 people, including managers and staff of City Gym took part in the 2-kilometres walk along the park premises, stated a press release. The crowd gathered at the Amphitheater ground, which was followed by the pink helium balloon release ceremony inaugurated by Dr Meera Pavithran, Specialist in Obstetrics and Gynecology at Badr Al Salam Hospital. Speaking on the occasion, Meera spoke about the causes and prevention of breast cancer. She also highlighted the need for being healthy and active with proper exercise and workout schedules. The event was concluded with a Zumba dance performance by the team of City Gym.

LIS marks Diwali festival

Loyola International School recently organised an event to mark Diwali festivities. The students dressed up in traditional ethnic wardrobes for the occasion. The celebrations featured a special assembly where the significance of the festival was highlighted, which was followed by several cultural performances by the students. Speaking on the occasion, Shifa Shaikh, Principal of LIS, appreciated the students for their performance. The celebrations also feature various activities including greeting card making and lantern making.
Alwadi Hotel Doha MGallery Hotel Collection recently hosted ‘Taste of Autumn’, an annual event organised by one of the leading food distributor Chef Middle East, at Sofra and Le Colonial Restaurants, stated a press release.

The event ran for seven hours with 14 live cooking stations, industry talks and food tasting. The event was attended by several international chefs, live cooking stations, industry talks and food tasting. There were also dedicated stations for pastry and bread making, seafood, specialty cheeses and mixology demonstrations with unique pairing flavours.

The event brought together regionally based food service industry professionals and global suppliers to explore the latest food trends. This culinary journey included live demonstrations from international chefs, live cooking stations, industry talks and food tasting. The event ran for seven hours with 14 live cooking stations exploring various different cuisines from Mexico, Italy, Spain as well as themed breakfast and street food corners and modern gastronomy.

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New Land Rover Defender: reinventing a design icon

Land Rover has defined all-terrain capability and toughness from the conception of its very first 4x4, stated a press release. The Series and Defender models before it, have gone above and beyond for decades, securing iconic status for their ability to help people make more of their world. The new Defender takes these much loved characteristics and reimagines them for the 21st century, stated a press release.

With its distinctive silhouette and optimum proportions, the new Defender has toughness at its core, while its interior’s rugged modular architecture embraces the spirit of adventure that has been a fundamental part of Land Rover DNA for more than 70 years. Gerry McGovern, Chief Design Officer at Land Rover, said, “The new Defender is respectful of its past but is not harnessed by it. This is a new Defender for a New Age. Its unique personality is accentuated by its distinctive silhouette and optimum proportions, which make it both highly desirable and seriously capable – a visually compelling 4x4 that wears its design and engineering integrity with uncompromised commitment.”

New Defender’s high sills, short overhangs and externally mounted rear wheel facilitate all conquering off road capability, its elemental yet sophisticated surfaces combined with a strong horizontal emphasis communicate the Defender’s tough and purposeful character.

The new Defender is available in perfectly proportioned 90 and 110 body designs, which share the same short overhangs, with six models available: Defender, S, SE, HSE, Defender X and First Edition, with practical commercial models set to join the line-up next year. Customers can also select from the widest range of accessories ever produced by Land Rover. These additional characters have been designed to give customers even more choice.

Gerry McGovern, Chief Design Officer at Land Rover, said, “This is our vision of a modern Defender. The clean body side contrasts dramatically against the sheer verticality of its front and particularly its rear to create a reassuringly purposeful stance. The overall impression is of an elemental design, yet this clean, highly technical approach is underpinned by sophisticated surfacing of the highest quality.”

Defender’s characterful front is tough but approachable, emphasised by the geometric forms of its highly technical headlamps which feature the latest adaptive technology, while beautifully sculptured fenders combined with squared wheel arches and strong shoulders all contribute to the vehicle’s sense of solidity and robustness. At the rear the geometric forms of the distinctive high-tech lamps harmonise perfectly with the front end design. Every detail of the exterior design has been creatively developed to re-enforce Defender’s DNA; sophisticated, durable and extremely tough, a vehicle design like no other.

Massimo Frascella, Creative Director at Land Rover Design, said, “For us designers, nothing comes close to redesigning the last automotive icon. The design of the new Defender is a manifestation of our modernist design philosophy, elemental yet incredibly sophisticated.”

Exterior finishes

Land Rover has developed a curated exterior palette with unique colours just for new Defender. A lot of body work is exposed in the interior – so the colour palettes are modular between interior and exterior. On the X derivative the gloss black in-set contrast bennet is standard along with Gloss Black claddings. To give further differentiation between the X and the Core vehicles, the front and rear skid pans and other detailed exterior parts are coated in a Starlight Satin finish.

Constructivist Interior Design

Defenders constructivist modular interior architecture communicates its highly functional nature, underpinned by its practical layout and reductive design. Alan Shipard, Director, Interior Design at Land Rover, said, “Within, we strive to harness Defender’s profound spirit of boundless adventure. A comfortable interior which is at once impeccably handsome for the discerning, shrewd in functionality and prudently qualified in anticipation of any adversity. Comfort is also a key part of new Defender, with interior materials focused on retained newness – so even after thousands of miles of adventure the new Defender is sure to look and feel fresh. Customers can choose from three interior colour schemes: with scope for personalisation, available by mixing these with different interior finish options.

Material choices include Resolve textile on standard models while S and SE trims feature Grained Leather combined with a durable Robust Woven Textile featuring higher decitex fibres for added strength (in addition to using recycled polyester) in areas subjected to the most wear. This tough and tactile material pays homage to the canvas hoods fitted to early Series Land Rovers.

Amy Frascella, Director, Colour and Materials at Land Rover, said, “Essentially a tool – obtaining this balance of tactility, softness and durability was key to create a modern premium aesthetic for both the interior and exterior materials. We have enabled innovation of materials by creating new approaches to development, challenging conventions of traditional methods of make and modifying existing technologies.”

Gerry McGovern, Chief Design Officer at Land Rover, added: “The new Defender family of vehicles with multiple characters, including commercial derivatives, are all emotionally engaging with modern, relevant design at their core.”
Germany’s new hotel for those into self-prisonment

It’s frighteningly easy to go to jail in one north-western German city - if you’re willing to pay for it. Fuerstenau has converted its jail into a hotel, where guests are able to stay in the small cells. By Thomas Wuebker

You don’t have to be a criminal to go to jail in Fuerstenau. Those who want to spend the night in a former prison in the north-western German city can do so for just 45 euros (50 dollars) a night - or even 37 euros a night for a longer stay.

The small cells are not exactly luxurious. But that doesn’t seem to be putting off visitors - since the hotel opened in May 2019, guests have included hikers, bowling club members - and even one couple who spent their wedding night there.

As of October 2019, the prison had already welcomed 140 guests – “and that’s without any advertising,” says Werner Pries, chairman of the local Archaeology and City History Working Group, which has been working on the restoration of the former prison since 2015.

All visitors are given black-and-white striped prisoner overalls to wear during their stay. “Most of them do it,” says Guenter Sponheuer, another member from the association.

The association is even planning to offer guests the option of being picked up from the station, tied up in chains and driven to the hotel in an open cart. It’s also considering installing stocks and a pillory.

Fuerstenau Prison was built in 1720. Its cells have housed many convicted criminals, including a murderer and a horse thief who was executed in 1883.

Six of the cells have been transformed into guest rooms, while two have been left in their original condition so they can be shown during city tours, says Pries. These include the cell of the murderer and the former shower room. This gives an impression of how tough life was for the former prisoners.

But even in the renovated cells, it’s clear to see that life in prison was no picnic for inmates in the 18th and 19th centuries. They were enclosed by walls 90 centimetres thick, with very little daylight, no heating, and thick wooden doors to prevent them from escaping.

There were 27 doors in the prison, Pries says. “But no one escaped,” he says proudly.

Themed hotels have really taken off in Germany in recent years. There are a whole world of weird and wonderful options out there, from a hay hotel to a sausage-themed bed and breakfast in the small village of Rittersbach, near Nuremberg.

Travellers like them because they get to learn about something new, says Rainer Balke, managing director of the German Hotel and Restaurant Association for Lower Saxony: “In many cases this boosts business, especially in times when large parts of the market are quite saturated.”

It doesn’t necessarily have to be about wacky ideas, he adds. “Sometimes it’s about peace and quiet, sometimes it’s about pleasure, sometimes it’s about adventure.”

The weirdest hotel he’s heard of is a bunch of igloos in the Alps, in which guests can sleep and even enjoy a frosty breakfast. “That wouldn’t be for me,” Balke says. “I admire the curiosity of the guests who paid for that overnight stay.”

Such hotels don’t compete with normal hotels, since the experience they offer is so different, he adds.

But Fuerstenau Prison has something to offer not only adventurous tourists, but also those simply looking for a place to sleep and eat breakfast, Pries says. The 90-by-200 centimetre beds offer a high level of comfort in the sparse cells, he says.

He’s even slept in one himself: “It was wonderfully quiet.”

He did once have to reject a guest, though. A man from southern Germany called up and asked if he would be treated like an inmate and only allowed to leave the prison at certain times.

“We can’t go that far,” Pries says. “That would be a deprivation of liberty.” - DPA
Try This

A bag of wind

You can move more air than you might think just by blowing with your lungs.

You’ll need
- Helper
- Tape
- Large plastic dry cleaner’s bag

Graphic: Helen Lee McComas, Paul Trap
Source: Steve Spangler Science

What happened?

The second time, you were able to blow a large amount of air into the bag.

The stream of air you blew into the bag the second time created a partial vacuum as it entered the bag.

That pulled in a lot of surrounding air with it, filling up the bag.

1. Fold over bottom of bag (large opening) and tape it closed
   Leave open small hole that clothes hanger goes through

2. Ask helper to hold bottom of bag, and see if you can blow through small hole and fill the bag full of air with one breath

3. Press air out of bag
   Ask helper to hold bottom of bag again, and blow air into small hole while keeping mouth about 10 in. (25 cm) from hole

Source: Steve Spangler Science
By Jess Cartner-Morley

You, I’m still in a polo neck. This is, I believe, the eighth year running. Getting on for a decade since a high neckline became an October-to-March wardrobe staple. But I’m not complaining. Far from it, in fact. The polo neck is a win-win, being both practical and a bit chic.

The one I’m wearing here isn’t the basic kind, as you might have noticed. This fancy high neck that I call a mad-on is what I wear this season. Like an add-on, but – you guessed it. To make an impact, you don’t have to get dressed up from head to toe like a Christmas tree. You can just add one or two elements that are a bit extra. You could wear simple polo necks you’ve got sequins at the neck and cuff.

I’m not going to lie, this sequin polo neck is not as comfortable as the simple fine-wool kind I wear most days. (Count yourself lucky this trend began in 2011 and not a year later, as I would not have been able to resist a Seven Year Itch joke.) But hey, I love it.

I bought it five years ago, because I fell for the silver sequin polo necks on the catwalk at a Christian Dior show, back in the Raf Simons years. (This one is very much not Dior. I’m not sure where I got it, because the label pushed the scratchiness levels beyond bearability, so I sniffed it out.) If I wear it as a top in its own right, I look like a mermaid moonlighting as a ski instructor, which is every bit as bonkers as it sounds. So, funnily enough, I don’t. I wear it under a fine jumper, like this old-season J Crew one – which, with its own high neck, means taking clothes off – strappy or strapless dresses, sheer fabrics, short hemlines – which isn’t always helpful, since what we call party season is also known as winter. So, if after all these years of wearing polo necks you’re worried that they’re boring – remember, they don’t have to be.

– The Guardian
Wordsearch

ANTHER  TUBER  SHOOT
HYBRID  BULB  XYLEM
STIGMA  ROOT  FLOWER
AXIL  VINE  SPORE
LEAF  CORM  FRUIT
TREE  SEED  STEM
BUDS  WOOD
POLLEN  COROLLA

Codeword

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

Sudoku

Bound And Gagged

Sunday, October 27, 2019
Super Cryptic Clues

Across
1 Transported over great distances? Incredible! (3-7)
7 A bird burning nothing (8)
8 Noise made by an owl or a duck when it’s warm outside (4)
9 Tidy, without water (4)
10 Cool set, crazy cats! (7)
12 Put out that loud bee - quickly! (2,3,6)
14 Heavenly arch for artist in East London (7)
16 An assent from the assenters (4)
19 snake seen by river (4)
20 Drink for clergyman upset by speaker (8)
21 Dance in the capital of West Virginia (10)

Down
1 Some lifelong criminal (5)
2 Rent man injured in scrap (7)
3 A bird in her nest (4)
4 Cut a piece of meat - quickly! (4-4)
5 A girl to take the leading part (5)
6 He's too agitated to calm down (6)
11 Rolls-Royce gradually develop internal gun (8)
12 Female warrior in river (6)
13 Embargo for former Yorkshire cricketer (7)
15 Pole in Pakistan or Thailand (5)
17 It's an unusual material (5)
18 Cheese briefly insect-free (4)

Solution

Wordsearch

Codeword
Marlon Brando was the quintessential Method actor, right? His temperament and demands ran up a huge bill on the 1962 film Mutiny on the Bounty, right? And he spent his later life as an obese recluse on an island he owned in Tahiti, right?


To get the story right, Mann worked with the co-operation of Brando’s estate. He found “Brando’s own, unedited words” in transcripts of the extensive interviews Brando gave the author who collaborated on the actor’s autobiography.

To this trove, Mann added innumerable details culled from extensive research. Reading his annotated source notes is like following a relentless gumshoe nailing down every major and minor clue in a case. The consideration of the iconic actor’s life and career that results is solid, perceptive and enlightening, however overlong.

Telling Brando’s story, Mann avoids chronology: “I drop in at key moments of his life and get in as close as possible to understanding him and his world,” Mann writes, “then fade out and drop in again, a few years down the road.”

Mann’s approach puts Brando in sharp relief. Following Brando’s nascent acting career at Manhattan’s New School, for example, Mann describes a confrontation between the young actor and Erwin Piscator, the school’s imperious director. Piscator, Mann writes, “was simply Marlon Brando Sr. with an education and a German accent.”

Mann then flashes back to a moment between a teenage Brando and his father, an embittered alcoholic who sold Calcium Carbonite on the road. At home, in Evanston, Illinois, he beat and abused his son, crippling the boy’s sense of self-worth. Once when his spitted-up son headed to a date, Brando Sr. ordered him to go out to the barn and milk a cow.

Brando recalled that he didn’t have time to change his shoes, which were covered with cow manure. “All the way to the basketball game, it smelled in the car.”

If Brando’s father shadowed his son’s life, his mother, Dorothy, a would-be actress, haunted him even more. Emotionally fragile, distant and also alcoholic, she withheld love from her son, while pushing him to become an actor. Hoping to find elsewhere the love his mother denied him, Brando Jr. began a lifetime series of affairs with men and women. And to win his mother’s approval, he launched an acting career.

Brando, the actor, was by common consensus, Mann writes, “the greatest.” Mann backs this assertion with observant critiques of Brando’s stage and film work. In performance, Brando meticulously detailed every move. To play Don Corleone in “The Godfather,” he strove for the particular accent of a New York Italian. For his death scene in “Mutiny on the Bounty,” he conveyed through his eyes the look of death.

These effects came from the actor’s keen observations, not from digging into his life and its emotions. This latter approach would have made him a Method actor, something he did not want to be. Brando followed instead his mentor and lifelong friend, actress and teacher Stella Adler, who trained him to draw in his imagination.

Despite blazing success in the stage and film versions of A Streetcar Named Desire and in the powerful 1954 film On the Waterfront, Brando became disenchanted with acting and show business. “Acting took him away from other things … more important things,” Mann writes. Thus, a prescient Brando began confronting social and political issues that the broader public has only now begun to deal with.

Brando disdained the rise of celebrity journalism, especially after The Saturday Evening Post published in 1962 a largely inaccurate article that claimed that his demands on the set of Mutiny of the Bounty sank the film’s budget. Brando sued the magazine for $5 million. The case was settled out of court for a smaller sum.

Brando was also concerned early on about global warming. During breaks from a TV interview with Larry King, the actor lectured the crew about the dangers of carbon monoxide emissions. And he forcefully protested racism in America. In 1963, he was an organiser and participant in Martin Luther King’s march on Washington.

Mann’s profile of Brando as social activist is by far the biography’s singular achievement. We see that Brando was as powerful in life as on film.

Mann’s ardour for his subject, alas, sends him into literary overtime. He often repeats and defends key points after he’s firmly made them. You might say that this valuable biography is overly successful.
By Meredith Blake

Binge-watched: The streaming service announced that 64 million accounts had watched the new season of Stranger Things within four weeks of release.

Why you should be sceptical of Netflix’s most-watched shows

By Meredith Blake

In a shareholder letter last week, Netflix touted some recent programming wins. The streaming service announced that 64 million accounts had watched the new season of Stranger Things within four weeks of release, while 32 million had checked out Unbelievable, a powerful drama about a rape investigation, during the same timeframe.

For a company that guards its viewership data, these morsels were tantalising. Using the tidbits Netflix has been including in shareholder letters since January, the New York Times and Bloomberg compiled lists of the most popular Netflix titles, and the Guardian offered an analysis of “what works and what doesn’t” for the streamer.

Stranger Things led the pack as the most-watched TV show – hardly a shocker – but some of the findings were more eye-opening. According to Netflix, some of the most popular shows on the service include the comic book adaptation The Umbrella Academy (45 million) and the Spanish-language crime drama Money Heist (44 million).

The irresistible temptation is to compare these figures to Nielsen ratings, which would make Stranger Things, with its audience of 64 million, just about the most popular scripted show on TV since the finale of Friends.

Yes, Netflix is sharing more information about how many people are watching its shows than it did just a year ago, and we now have a broad sense of which shows and movies are especially popular with its subscribers. But there’s plenty of reason to avoid these apples-to-oranges comparisons and take this data with a grain – make that a heaping scoop – of salt.

To start with, not even Netflix is claiming these “top 10 lists” are definitive. A representative for the company said the shareholder letters include select highlights but are not intended as “a comprehensive list of the most-watched titles.”

Netflix also counts anyone who’s watched 70% of a single episode as a viewer, meaning if you watched the first 45 minutes of the first episode of Umbrella Academy and then turned it off, you’d be included as a viewer.

This would be like ABC reporting on the premiere ratings for the first Roseanne Barr-less episode of The Conners, then never mentioning how many people tuned in the next week. A far more useful metric would be average per-episode audience.

But these cherry-picked figures allow Netflix to boast about its most obvious successes without putting them in any kind of useful context. Clearly, a lot of people are watching Stranger Things. But how much of an outlier is it? The numbers shed virtually no light on how many people, on average, are watching hundreds of other shows on the service, from critical darlings like Russian Doll to oddball cult favourites like the recently cancelled The OA.

Netflix only shares viewership information about originals, not about the many very popular shows in its back catalogue. That’s understandable. Especially as it faces a whole bunch of competitors, the company probably doesn’t want to advertise the enduring popularity of licensed titles that will soon be going to rival streaming services, like The Office and Friends. (Netflix said its “true” top 10 list consists of originals.)

Unlike old-fashioned linear networks, which have to rely on the far-from-perfect Nielsen ratings system – a guestimate based on a narrow sample audience – Netflix has access to an arguably alarming amount of data about what subscribers are watching.

Netflix knows much more than whether you watched the latest season of Stranger Things. If you finished all eight episodes, it knows how long it took you to get through them. If you didn’t, it knows when you called it quits. It knows what devices you watched on and whether you skipped the credits. It knows your entire, possibly embarrassing viewing history, including how many times you, say, watched A Christmas Prince when you had the flu last winter.

Based on that, Netflix knows which thumbnail image is most likely to get you to watch another title.

— Los Angeles Times / TNS

When SRK spent time in jail

Shah Rukh Khan’s special episode with David Letterman has finally dropped on Netflix, and the superstar has revealed a lot of interesting details about his life.

REVELATION: In Shah Rukh Khan’s special episode with David Letterman, the superstar has revealed a lot of interesting details about his life.

Shah Rukh Khan’s special episode with popular American host David Letterman has finally dropped on Netflix, and the superstar has revealed a lot of interesting details about his life in the show.

From talking about his family to sharing how he achieved success and fulfilling his dreams, SRK reveals many unknown things for fans in the hour-long conversation.

What will come as a shock to many is the superstar’s revelation that he was once arrested in initial days and had to spend a few hours in prison.

SRK recalled he got into a fight with an editor for spreading false and insensitive rumours about him and a co-star.

He said that he got disturbed after reading the article.

“I was new (in the film industry), so I used to react to every news item – whatever appeared. And thankfully, there was no social media back then. Just the magazines and stuff. I got very angry and I called up the editor and I said, ‘You wrote this! He said ‘But listen can you just take it... it’s just a joke!’ So I said, ‘I don’t find it funny’. So I went down to the office and I misbehaved a lot and...’ Shah Rukh remembered screaming a lot and threatening to hit people.

He was then arrested.

“I was shooting a film and the cops came. They sat down very sweetly and said, ‘we have a few questions to ask you!’ I said, ‘do you want me to pack and we can chat in my car?’ Because I always assume anyone who meets me is a fan (laughs). They said, ‘no, we want you to come in our car!’” said SRK. The took him to the police station and when he saw the small prison cell, he pleaded with the cops to let him go.

“It was a small little prison. With all, you know, human faeces and ugh... it was really bad,” he added.

After getting out on bail, he even called the editor and said: “Now I’m in jail, and I’m not scared. Now you be very scared.”

The episode of My Next Guest Needs No Introduction with David Letterman, featuring SRK, is available on Netflix.

— IANS
Qatar Amateur Radio Society takes part in two-day CQ WW SSB contest

By Mudassir Raja

The Qatar Amateur Radio Society (QARS) is participating in the International Amateur Radio Contest – CQ WW SSB 2019, which is held annually and is ranked as the most important international radio amateur competition on the global calendar in the field of radio hobby.

The association participates in the competition, under the support and guidance of HE Abdullah bin Hamad al-Attiyah, Chairman Board of Directors of QARS. QARS bagged fifth position in the world and first in Asia in the last edition of the competition. Many Qatari amateurs have expressed their desire to be a part of the national team and again due to its good reputation and outstanding results it achieves every time.

As part of the preparation process for the competition, the association has set up an international station at the headquarters of the Qatar Scouts and Guides Association Al Khor City and has allotted six stations working on all international frequencies, as well as processing towers and antennas and all the necessary equipment and computers. The association is participating in the international call signal of the Qatar Amateur Radio Society (A7JA).

In this context, HE Abdullah bin Hamad al-Attiyah said that the participation of the society in this year’s competition is exemplary, as all the requirements of the competition have been provided. A pilot station has been set up at the same level. It is characterised by a number of modern devices and high-quality antennas.

Dr Ahmed Hamad al-Mohannadi, Vice President of the QARS, stressed upon the importance of participating in such international competitions that reflect the true status reached by the Radio amateur associations in the world.

He further said that the society has provided all the facilities to the Qatari members to participate in the competition and do well. It reflects the true image of Qatari amateurs and their excellence in the hobby to many international amateurs who have been participating in the competition for many years from different countries of the world.

Talking to Community, Sabaan Mismar Mubarak Al-Jassim, General Secretary of QARS, said, “I thank Abdullah Bin Hamad al-Attiyah for his patronage of the Qatari amateurs and his continued support for the society. The Qatar Radio society has a great place in the world thanks to the generous patronage it gets from the state through the ministries and institutions of the government and the continuous efforts of the board of directors and members of the society!”

He added, “The purpose of the ham (amateur) radio competition is to connect with the world. The competition that we are hosting is one of the biggest competitions of ham radios in the world.”

Connecting the world: “The purpose of the ham (amateur) radio competition is to connect with the world. The competition that we are hosting is one of the biggest competitions of ham radios in the world,” says Sabaan Mismar Mubarak al-Jassim, General Secretary of QARS.

Objectives of Qatar Amateur Radio Society:

- Developing the radio hobby among citizens and organising practice sessions in accordance with local and international laws.
- Co-operating with relevant authorities in the development of regulations concerning the granting of licenses to practice the radio hobby and the devices used for this purpose, within the framework of international agreements governing the use of radio frequencies for amateurs.
- Establishing human and international relations between amateurs in Qatar and their colleagues abroad, in order to make Qatar known and its renaissance.
- Organising local and regional competitions for amateur radio operators and participating in international competitions organised in the field.
- Participating in conferences and seminars related to wireless hobby held in Qatar or abroad.
- Training amateurs on the use of radios and equipment for this purpose.
- Participating in the preparation of technical cadres that provide humanitarian services in emergencies, relief ships, aircraft and others.

“People in Qatar are getting more and more involved in amateur radio. For me it is only a hobby. It can also be used as a means of communication in remote areas in times of natural calamities”

– Max Vanrymenant, participant of CQ WW SSB 2019